

THE SCROLL

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O'GORMAN HIGH SCHOOL | SIOUX FALLS, SOUTH DAKOTA

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SUBMITTED PHOTO

The Sioux Falls community raises suicide awareness at the Helpline Center's annual Step Forward to Prevent Suicide Walk. The walk raised about \$48,000 for the Helpline Center and suicide prevention.

Counseling office bolsters new mental health approach

Cheyenne Chontos
Editor-in-Chief

This year the O'Gorman community has taken a new approach to mental health and mental health awareness. After surveying students last year, the school found an increasing demand for information on the topic.

"Our goal this year is to make the counseling office more visible," said Kelly Jones, O'Gorman High School's new counselor. "We're also planning on holding lunch seminars for students who are interested in learning more."

The first of these lunch seminars was Sept. 30 and the next

will be held in November before semester tests. Two more are planned for the spring semester.

"I'm really glad that the school is putting more focus on mental

"It's so important for people to talk about this issue."

- Marie Breske

health issues," said senior Erin Riedell. "I think that the counseling office will be used a lot more than it has in the past."

Students aren't the only ones that are happy this subject being

brought to light. Parents have also expressed their excitement.

"It's so important for people to talk about this issue," said Marie Breske. Breske's son, Thomas, was an O'Gorman graduate who died by suicide. "A lot of people are afraid to talk about [suicide] and mental health issues, but we need to raise awareness about these topics."

The Helpline Center has been a key part of raising awareness in the community. On June 21 the Helpline hosted its annual Step Forward to Prevent Suicide Walk at Falls Park. The team put together in honor of Thomas Breske raised about \$6,500.

New staff welcomed into school

Shreya Chandran
Activities Co-Editor

This year O'Gorman welcomes new staff members, including an addition to the counseling department, Kelly Jones.

Jones is not new to counseling, having been a counselor at Marion, Bridgewater, Emery and Roosevelt. She has over 10 years of experience as a school counselor.

After getting her bachelor of science degree in applied psychology from St. Cloud University, she obtained her masters degree in counseling from the University of South Dakota.

Aside from her work, she also loves to spend time with her family, dancing, watching movies, reading and traveling.

One thing she likes to focus on with students is mental health. While good grades are certainly important, Jones believes that it is equally important to ensure the mental wellness of a student.

Jones is happy to be here and says her favorite thing about O'Gorman is the sense of community.

One familiar face to the school joining the O'Gorman science department is Becky VanderWoude.

VanderWoude has been substitute teaching at O'Gorman for a year and has taken up a more permanent position as a physical science and chemistry teacher.

Though originally from O'Gorman, she has spent 16 years teaching chemistry and AP Chemistry at Grants Pass High School in Oregon. After enjoying her time there, she moved back home in order to be closer to her family.

In addition to her job, she also enjoys solving Sudoku puzzles, playing card games with her family, going to movies and watching reality competition television shows.

The position at a high school is perfect for VanderWoude. "I love working with teenagers because, at this age, people begin to recognize their unique talents," she said. "I love to witness their growth as they strive to achieve their dreams."

The position at O'Gorman High School is even more perfect as she enjoys the school's focus on spirituality and faith. She firmly believes that faith provides an excellent framework to becoming the best person you can be.

See pages 2 and 3 for more on New Teachers

Students, community excited for new PREMIER Center activities

Cheyenne Chontos
Editor-in-Chief

After a little over two years of construction, the Denny Sanford PREMIER Center opened its doors on Sept. 24 for Joan Jett and the Blackhearts.

The PREMIER Center consists of four levels – an event level, a main concourse, a suite level and an upper concourse. The total cost of the Center was about \$117 million. It will host a variety of events, including sports, concerts and rodeos.

"The desire is to bring in a diverse slate of profitable event

activity," said Chris Semrau, Assistant General Manager at the PREMIER Center. "It would be nice to have a classy superstar such as Michael Bublé or Elton John play the venue along with additional country superstars in 2015."

The PREMIER Center has already hosted a number of stars, such as Joan Jett and Jason Aldean. Demi Lovato and Cher will also be performing at the Center.

"I'll be going to the Demi Lovato concert," said senior Maria Hassel. "I can't wait to see her – she's an amazing vocalist and such a good live performer. I'm

so excited to have the new Center in town because it means I don't have to drive all the way to Omaha or Minneapolis to see the concerts I want to go to."

Sophomore Sam Putnam also said he's glad the Center is attracting bigger acts to Sioux Falls.

"I'd really like to see Rush or Dream Theater perform there," said Putnam. "I'm excited to see more rock bands come to town."

More information on the Center's events can be found at www.dennysanfordpremiercenter.com. The first Stampede hockey game will be on Oct. 11.



CHEYENNE CHONTOS / KNIGHT SCROLL

The Denny Sanford PREMIER Center is hosting several events including sports and concerts. The Center welcomed Joan Jett and the Blackhearts on Sept. 24.

New teacher joins theology department

Nate Sotebeer
Sports Editor

A new face joining the theology department this year is Mr. Matthew Chicoine. Chicoine is a Sioux City native who earned his B.A. in theology from Briar Cliff University in Sioux City.

Chicoine is stepping out of the classroom himself to teach Scripture to sophomores at O’Gorman. Like any new teacher, he had to make an adjustment to teach rather than to learn as a student.

“It took a couple weeks to get into the swing of things,” said Chicoine. “But I’m a lot more comfortable now.”

He recently earned an M.A. in theology before coming to teach here.

“I was going to school with Franciscan University through their distance learning program,” said Chicoine.

Chicoine expressed excitement at his new job, earning a career that he believes he will enjoy.



Matthew Chicoine

“The authentic Catholic environment makes me want to be here,” said Chicoine.

In his free time, Chicoine enjoys playing board games with his family.

“I’m working on making my own board game one day,” said Chicoine. He hopes to complete it and give it to his son for his birthday someday.

Chicoine also enjoys playing sports and reading.

“The authentic Catholic environment at O’Gorman makes me want to be here.”

- Matthew Chicoine



PRESS PHOTO

Father Leo Patalinghug gives a homily at Steubenville. Father Patalinghug was one of the main presenters at the Steubenville Youth Conference this summer.

Catholic youth conference reminds of Christ’s message of love, mercy

Abby Baka
Entertainment Editor

This July, 12 O’Gorman students traveled to Steubenville, Ohio, to participate in a Catholic youth conference. The conference is an annual event that takes place on the Franciscan University of Steubenville campus.

This year the conference ran from July 18-20. The students were part of a group of 22 Holy Spirit and St. Michael’s parishioners who took a bus to the conference.

“Everyone was really excited to be there,” says senior Jackie Marco, who attended the conference.

The conference revolved around Catholic themes such as the call to discipleship and the message of Christ’s love and mercy. The students heard inspirational talks from university professors, a cooking, dancing, karate-kicking priest and Christian musicians.

“The stuff they talked about

was really relatable,” said senior Kimberly Schulte, who was also at the conference.

Senior Kaitlin Scott attended the conference as well, despite being non-Catholic. “It was a beautiful thing to see my peer experience such a faith filled event,” says Scott.

A group from St. Michael’s parish will be going to a conference next July, but the location and dates have not yet been finalized.

Campus Ministry Events and Christian Service

- Thursdays at 7am - Endow
- Thursdays at 7am - Guy’s Group
- 10/08 - FCA Fields of Faith
- 10/17 - Campus Ministry dress down
- 10/31 - FCA Trick-or-Treat
- 11/12 - FCA
- 11/15 - Diocesan High School Youth Rally
- 12/02-12/31 - HorsePower Therapeutic Horse Barn
- 12/03 - StuCo/FCA Gingerbread Houses
- 12/09 - Service hours are due
- 12/18 - Breakfast at the Banquet



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SUBMITTED PHOTOS

Right: Spanish trip students pose near a fountain in Puerto Rico. Left: Students on the German trip pose with Mayor Mike Huether in Potsdam, Germany.

Students travel abroad

Liesel Julsrud
Activities Co-Editor

This summer, the O'Gorman foreign language department traveled more than 7,000 miles to different parts of the globe.

The Spanish trip flew to San Juan, Puerto Rico. On the island, the students didn't have a tough time getting accustomed to the culture.

"Adjusting was really pretty easy, but of course there were

some miscommunications," says senior Andrea Veloir. As the group traveled around the San Juan area, everyday life in Puerto Rico was a culture shock for many.

"You will see families living in tiny shacks in the middle of the rain forest with no water or electricity," said senior Luke Miller.

Whether it was kayaking under the starry night in the Bioluminescent Bay, walking the streets of old San Juan or being

with friends, the Spanish trip was a memorable experience for the students.

Nearly 7,500 miles away from the Spanish students, the German class was able to spend a part of their summer trekking across Europe.

The group had the opportunity to travel across the majority of Germany, and even some other countries in Europe such as France and Belgium.

Interp, debate compete at national tournament in Kansas City, Kansas

Shreya Chandran
Activities Co-Editor

O'Gorman High School's speech team has done it again. The speech team traveled to Kansas City, Kansas to compete in the national tournament.

Senior Cody Bloomer and graduate Meghan Kunkel made Top 60 in duo and graduate Jessie Sadlon made Top 30 in humor.

They also excelled in one category in particular: Storytelling, a new option for the regular interp season.

Kunkel made it to semi-finals in Storytelling while Sadlon got to the final round. This final round is comprised of the top six competitors.

"I am proud of our accomplishments at nationals. I wish people realized just how difficult it is for kids to make even top 60 in the nation. Our students have continued to excel at the national

level and most importantly, they do it with grace and class," says oral interp coach, Teresa Fester.

The other half of the speech team also made O'Gorman proud at nationals.

The debate team had four qualifiers this year: graduate Kayler Nelson, and current seniors Liesel Julsrud, Jonah Dally and Brett Duffek.

The O'Gorman speech team also helped make history at this year's national competition with a world record.

The record was for most people sending a text message simultaneously.

This message was sent at the Nationals Awards Ceremony, with around 2,193 competitors participating, including O'Gorman's own students.

The message of the text was: Spark Leaders. Support Speech and Debate.



ABBY BAKA / KNIGHT SCROLL

Sophomore Mark Rausch plays the alto saxophone with his section at early morning rehearsal.

Marching band takes field as new season underway

Nate Sotebeer
Sports Editor

The O'Gorman Marching Knights are entering this season with many changes to their approach. They have a new director, Mr. Ben Koch, who is taking over for Dr. Duane Niles.

Koch expects his inaugural season to go well based on his past connections to the students.

"I've been here two years as an assistant, and I went through the program as a student myself," said Koch.

The band, led by seniors Andrea Veloir, Desiree Mercer and junior Erin Claussen, believe that the change is much needed.

"It's been beneficial to have a new perspective," said Claussen.

Beyond their performances at

halftime of home football games, the Marching Knights will compete in competitions in Marshall, Minn., Orange City, Iowa and Vermillion. The band expects to be competitive at these events.

"We will allow ourselves to be in the mix everywhere we go," said Koch. This is only possible through the productive practices that the band has been attending since early June.

"There were a couple rough spots in our Dakota Bowl performance, but we've worked hard to fix them," said Claussen.

Koch hopes that the band can find success through more than just the trophies they are awarded throughout the season.

"I hope that every time we walk off the field that we feel proud of what we do," said Koch.

Koch, Kramer offer fresh perspective to school's performing arts department

Abby Baka
Entertainment Editor

This fall the O'Gorman Performing Arts Department welcomes two new teachers, both O'Gorman alumni. Mrs. Rachael Kramer and Mr. Ben Koch will be taking over the choral and band departments, respectively.

Koch graduated from O'Gorman in 2004.

He attended the University of Nebraska-Lincoln where he earned a Bachelor's Degree in music education and minors in German and Mathematics.

He remained at UNL to receive a Master's in Music with an emphasis on horn performance. Before coming to the high school, he was teaching religion and world language at O'Gorman Junior High.

"I did not expect that I would spend two years teaching religion at my 'junior alma mater,' but I loved doing it," said Koch.

This year Koch is responsible for all organized instrumental music, except for the show choir band. "I'm most excited to work with students that are more advanced in their musical studies and who are a bit more artistically mature," Koch said. "I think we're still learning about each other, and that's exciting. We've had some growing pains, for in-



Mr. Ben Koch

stance, when people, you know, talk in class all the time. But I think we're finding common ground there."

Kramer is a 2007 O'Gorman graduate. Like Koch, she spent a great deal of time in the music department. She attended Augustana College where she earned a Bachelor of Arts in Music and K-12 Education. She has spent the past three years teaching music at St. Mary's Elementary.

Now she will direct the choirs, Ovation! rehearsals, and musical. She and Mr. Koch will share liturgical music responsibilities.

"It's been a life goal to be a high school choral director, but I hadn't expected the opportunity to be opened to me so early in my career, let alone at my alma mater," says Kramer. "I'm excited to teach a higher level of music while engaging our faith, which



Mrs. Rachael Kramer

is very important to me."

Students are pleased with the appointments. "They're both fun and energetic but still get work done when they need to," says senior Bailey Lauret, who participates in both band and choral activities.

The feeling appears to be mutual. "There's a lot of good music to be made with the O'G band students," says Koch. "So far I've been very happy to work with them and learn alongside them."

The choir's first performance of the year was the Song of O'Gorman on Sept. 29 in the Lorang Theater. The band debuted their 2014 marching show at the Dakota Bowl. They will be competing in Sioux Falls on Oct. 4 and Vermillion on Oct. 18. The band's annual Chicken Dinner will be on Oct. 27 in the Lorang Theater.

Sports Update

Boys Soccer

Nate Sotebeer
Sports Editor

The O’Gorman Knights boys soccer team has played through an up and down season, with many close wins, losses and ties. “We have been surprising teams because our practices have been focused specifically on our next opponent,” said senior Sam Maxwell.

The Knights earned a surprise draw against top seed Roosevelt on Sept. 2 after two late goals. All of their losses have come against teams with winning records.

Injuries have plagued the team this season, including long absences of seniors John Garcia and Alex Einsel due to medical reasons. However, the team has continued to play to the best of their ability.

“Multiple young players stepped up and filled in where needed,” said senior Colin Zimprich. “People also continued to play to the best of their ability.”

The Knights are 3-5-3 with one game left in the season.

Cross Country

Marisa Moser
Staff Writer

The Knights cross country teams are moving forward as the 2014 season begins. The boys placed fifth at Twilight and the girls placed sixth. At the Nike Invitational the boys varsity placed third, the boys JV placed first, and girls varsity placed fourth. However, the new season brings with it new conflicts.

“The season has been going well,” said senior Ryan O’Connell. “We haven’t always placed as high as we might like, but this is all just practice for state.”

Attention is turning toward the Knights’ upcoming competition at state this month.

“Everyone is pushing each other to run better and faster every time,” said O’Connell, “The goal is to stay healthy and hopefully win the state title”. Senior Joe Schmidt also has high hopes for state.

“We have a lot of work to do, but just like last year, if we work hard enough, we’ll end well.

Up next for the Knights cross country teams: the Hawarden(IA) Invite on Oct. 9. They will be competing at state on Oct. 25.

Girls Tennis

Liesel Julsrud
Activities Co-Editor

O’Gorman’s championship girls tennis team is back for another season in high hopes of winning yet another title. The team has won the state title for the past seven years and are looking for their eighth.

The team is led by four seniors. The senior girls are followed by four strong juniors and sophomores on the varsity team. Despite losing many seniors, they has been doing very well and have shown strong leadership.

The team has been traveling to tournaments around the midwest area. While many tournaments have been held in Sioux Falls Parks, they have also attended tournaments in Rapid City, SD, Apple Valley, Edina, and Prior Lake, Minnesota. So far, the team has won the majority of their matches.

The State Girls Tennis Tournament is on the weekend of Oct. 9-11 at the Parkview Tennis Complex in Rapid City.

Boys Golf

Abby Baka
Entertainment Co-Editor

Coming off a state championship last year, the boys golf team lost four lead golfers to graduation. Key returners this year include junior Jacob Otta, and freshman Bryce Hammer.

“It is a little different but at the same time the four guys that have had to fill those spots have done very well,” said Otta.

This season, the team will be competing in six invitationals, three city tournaments and several duels.

So far this season the team has been very successful. “The guys have played quite well for not having a lot of Team Competition experience,” said coach Rod Garrison. The team won the Huron Invite and the Yankton Invite, and placed second in the Brandon and Warrior Invites.

“Its going pretty good,” said Otta. “We’ve had a few rough patches but overall I think we are doing great and are going to be one of the top contenders for state.”

The team practices every weekday at Elmwood Golf Course, where they are focusing on improving their short game. “We need to improve our games around the greens,” said Garrison.



NATE SOTEBEER / KNIGHT SCROLL

Jess Mieras and Dalee Stene block a volley by a Rapid City Stevens player. The Lady Knights are currently ranked number one in Class AA.

Volleyball off to strong start as team finds winning way

Nate Sotebeer
Sports Editor

The O’Gorman Lady Knights volleyball team has started their season defending last year’s state title. The team hopes to have another successful season to add to last year.

“Our first goal is to compete at a high level,” said head coach Julie Kolbeck. “Next, make it to the state tournament, then to repeat as state champions.”

This requires a high level of

play and competition for the squad, who lost key pieces from last season, including Lauren Witte and Delanie Stene.

“They’re irreplaceable,” said Kolbeck. “The hardest part about this is that you have to start every year all over again.”

The Lady Knights feel that they have progressed within this season alone, as they have dealt with the replacement of these key components.

“We’ve been progressing to where we want to be, slowly,”

said senior Dalee Stene.

So far, the team has not lost a set in play within the state of South Dakota. They also placed second at the Jackson, Minn. tournament, and third in the Classic Division of the Durango Classic in Las Vegas, Nevada.

The Lady Knights have just one home game left this season, on Oct. 7 against Washington. The team will also play Sioux Falls Christian on Oct. 9 and Roosevelt on Oct. 14.

Knights emerge as powerhouse in Metro; Junior Fritsch returns to power offense

Samantha Lenz
Opinion Editor

The O’Gorman Knights football team comes into the 2014 season stacked with experienced seniors and a talented junior group. This team has stirred optimism, causing many to question whether this is the season the Knights will make their first appearance at the DakotaDome since 2010. Coach Steve Kueter is going on his 32nd year of Knight football.

The Knights will be highlighted by their offense, where junior quarterback Luke Fritsch returns after rushing for 825 yards and nine touchdowns in 2013.

The Knights plan to continue with their trademark rushing attack, which will be led by senior halfback AJ Martinec, and junior fullback Dodi Makwinja.

Starting off the 2014 season, the Knights traveled to Rapid City for a season opener against Rapid City Stevens. The Knights posted a solid performance both defensively and offensively and were able to come away with a 34-7 win.

“It was a good win to start our season. We found out what our strengths and weaknesses were as a team,” said Martinec. “There were a lot of positives

that came out of that game for us.”

During the 36th annual Bob Burns Dakota Bowl, the Knights faced last year’s state champion Lincoln Patriots. The Knights offense used their pair of large targets to move the ball through the air; this include senior Ben Johnson and junior Jack Peery. Fritsch fired three fourth quarter scoring strikes - two to Peery and one to Johnson.

Unfortunately the Knights were unable to pull out a win losing 34-29. During this game the Knights had had four catches for 105 yards from Peery, while junior fullback Makwinja rushed for 105 yards and a touchdown.

“Within the game, I saw guys on every side of the ball show out. Our linemen really stepped up and allowed us to move the ball and capitalize on the play action,” said Fritsch. “Big time players made big time plays. We all played for each other. It was a Dakota Bowl I’ll always remember.”

In the Presidents Bowl, the Knights faced East side rival Washington Warriors. Even though the Knights trailed at halftime, 10-7 they came out with a strong second half and won 21-10.

Cheer sets sights on title repeat as season begins

Samantha Lenz
Opinion Editor

The O’Gorman Knights competition cheer team has high expectations coming into the season and hopes to have a repeat of last year, where they placed first at the state competition.

At their first competition in Watertown, the Lady Knights took fourth place after 31 points in deductions. Such deductions included stepping on signs and stepping off the competition mat. Both counted for major safety violations.

“We had a few problems during that competition, but without those we would have come out on top,” said senior Kayley Welch.

Next the Knights traveled to Yankton for a competition

where they took home the second place trophy. At this competition, the team received 16 points in deductions, all involving safety.

“We knew going into the competition that if we hit a perfect routine we would bring home the win,” said senior Kenzie Fischer. “Minor mistakes can create big setbacks for us.”

At both competitions the team’s raw scores were the highest but unfortunately due to significant deductions the team was unable to come away with wins.

“We have had a lot of changes recently,” said senior Rachel Hickman. “We have been adjusting nicely.”

The Knights next competition will be the Brandon Valley Invite on Oct. 7.



LIESEL JULSRUD / KNIGHT SCROLL

Senior Samantha Anderson dribbles the ball in a game on Sept. 19.

Lady Knights begin state title defense

Nate Sotebeer
Sports Editor

The O’Gorman Lady Knights soccer team is starting a new season fresh off their victory in the state title game last year. The team is hopeful that they will succeed again this fall.

“We hope to compete again

for the state title,” said head coach Ryan Beier. This hope is reflected in the leadership of the team.

“Our goal is to win state,” said senior striker Kylie Lamberty. “If we keep playing the way we have been I think it is a real chance.”

The Lady Knights have been working hard to improve this

season to stay on top of their competition.

“The coaches keep us working and improving for every game,” said senior Lauren Weber

The Lady Knights are 8-2-1 with one game to play before entering the state playoffs.

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Spook House set to hit stage

Shreya Chandran
Activities Co-Editor

This fall O'Gorman High School's theatre department is starting the year off with something spooky.

The fall play, *Spook House*, is the charming story of misunderstood monsters who just want to save their home. In order to foil the evil Van Helsing's plot to take their home, the monsters throw a party to raise money for the house.

The monster-themed play is perfect for October, as Halloween approaches. The script for the play encourages audience interaction by designating the role of party guests to audience members. Director Scott Nelson decided to instead give those allotted spots to those who auditioned but were not given speaking roles. This opportunity allowed many students the chance to explore their interest in theater.

The fall play usually has a wonderful turnout, with the majority of students making time to go see it.

Spook House invites all those who auditioned for the play a

part on stage as costumed party guests, rotating about 8-9 people a night.

"I am very excited to see what the cast will do as they develop their characters," said Nelson. "It is always so much fun to watch them become that character. They are truly a joy to work with on a daily basis. I certainly have enjoyed going to rehearsals to work with them. The chemistry of the cast is perfect."

The cast practices after school nearly every night of the week and even some weekends. The entire cast and crew are dedicated to making the show a success.

"I feel like the play is running pretty well and will come together soon," said senior Cody Bloomer. My favorite part is having a bunch of great friends there next to me to act and hang out with."

Some of the bigger parts in the play went to junior Gabby Ammann, who plays Vickie Stein; senior Graham Sudenga, Vickie's boyfriend; junior Anthony Nelson, who plays Frankenstein; senior Abby Baka, his Bride; junior Sam Johnson, who plays Van Helsing; junior Kelly Maxwell, who plays Countess Dracula; se-



LIESEL JULSRUD / KNIGHT SCROLL

Junior Gabby Ammann and senior Matthew Billion rehearse their scene while monsters and party guests party in the background.

nior Cody Bloomer, who plays Count Dracula; and seniors Mattie Penisten and Matt Billion who play a bank robber and his moll who use the house as a hideout.

The cast itself is excited to showcase their hard work in

making a great show.

Junior Kelly Maxwell says, "I really love this group of people. This cast is probably one of the most fun that I have been a part of."

The show opens on Thursday

Oct. 9 at 7:00. There will be 7:00 performances on Friday, Oct. 10 and Saturday Oct. 11 as well.

With such a wonderful cast, *Spook House* is set to be a lot of ghoulish fun.

New, returning shows have big shoes to fill as fall lineups hit TV

Abby Baka
Entertainment Editor

As summer comes to an end and students settle into the school year, one consolation remains—new seasons of television series begin airing. Although students mourn the end of a few hit series like *Breaking Bad* and *How I Met Your Mother*, they can look forward to the return of some favorites as well as some new series.

"I will definitely miss *Community* and *Breaking Bad*," says senior Graham Sudenga. "But I'm looking looking forward to *The Flash*, *Gotham* and *The Walking Dead*, of course."

Gotham, a new series about DC Comics superheroes, premiered on Fox on Sept. 22. Season five of *The Walking Dead* airs on AMC on Oct. 12. *The Flash*, a new show featuring DC Comics' Flash will premiere on CW on Oct. 7.

Many prime time series pre-

miered new seasons in late September, and several more will be airing in the coming weeks. The *Big Bang Theory* aired its eighth season on CBS on Sept. 22 despite contract disputes. CBS also aired new seasons of *CSI* and *NCIS* in late September. The network's popular sitcom *How I Met Your Mother* ended last spring after nine seasons.

ABC aired the season premiere of *Modern Family* in late September, as well as those of Marvel's *Agents of the S.H.I.E.L.D.*, *Castle* and *Once Upon a Time*.

Several ABC Family shows will not be beginning new seasons in the fall, but several are doing fall and holiday specials. "I'm looking forward to the *Pretty Little Liars* Halloween special," says Junior Angie Vognild. The special airs on Oct. 21. Other ABC Family shows, including *Melissa and Joey*, and *Baby Daddy* will be airing specials later in the season.

Emmys pick *Breaking Bad*, *Cranston*; *Modern Family* takes comedy honors

Liesel Julsrud
Activities Co-Editor

This year's Emmy nominees and winners didn't surprise many with familiar faces. The 66th annual Emmy Awards was hosted by *Late Night*'s, Seth Meyers, who hilariously delivered what was expected of him.

The four hour live telecast made it clear that with the overwhelming amount of television shows that are now offered, the academy's voting members seemed to only choose anyone that has already won before or was affiliated in any way with *Breaking Bad*.

The *Breaking Bad* actors and directors took home five out of the seven Emmys they were nominated for, including best lead and supporting actors and best drama series.

This, however, was not a problem with the O'Gorman students and staff. "I loved it," says English teacher, Gwen Skar, about the show. She adds that the award was well deserved



ATAS / PRESS PHOTO

Jim Parsons accepts the award for Outstanding Lead Actor in a Comedy Series for his performance as Sheldon Cooper in the *Big Bang Theory*.

since the show was so complicated throughout and ended on a very high note.

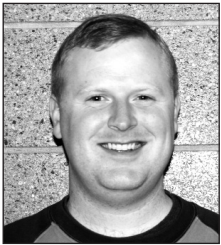
Among the other winners were Jim Parsons from *The Big Bang Theory* for best lead actor in a comedy series, the *Colbert Report* for Outstanding Variety Series and *Modern Family* for Outstanding Comedy Series.

Despite the success and disappointment in the house, popular singer, Sara Bareilles, sang "Smile" as a memorial for those who impacted our lives through the screen.

Billy Crystal gave heartwarming special tribute to the beloved Robin Williams, who died in August.

Photo Survey

“With what teacher would you spend the day?”



“Mr. Konz, he’s got awesome laffy taffys.”

- Mr. Ben Koch



“Mr. Lindemann, because his daughter is the cutest.”

- Kylie Lamberty



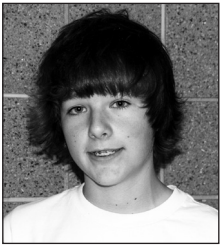
“Mr. Krier, to learn discipline.”

- Ryan Scholten



“Mr. Williams, because he is swaggin.”

- Lexi Job



“Ms. Shields, because she is my aunt.”

- Justin Boone

Top Ten

Halloween Costumes

- 1. Minion
- 2. Vampire
- 3. Witch or Warlock
- 4. Superman
- 5. Bumble Bee
- 6. Elsa and Anna from Frozen
- 7. Crayon
- 8. Disney Princess
- 9. Spongebob
- 10. Harry Potter

<p>Western Day...</p> <p>bandana T-shirt jeans</p>	<p>'Merica Day...</p> <p>RED T-shirt BLUE jeans WHITE SOCKS</p>
<p>Celebrity Day...</p> <p>Aviators T-shirt jeans</p>	<p>Spirit Day...</p> <p>T-shirt paper/tape jeans</p>

Students: Relax, know others want to help

Cheyenne Chontos
Editor-in-Chief

It’s no secret that pressures for high school students are high. We have stress coming from every direction – school, family, work, friends and other activities. At times the challenge of juggling all of this can be overwhelming, to the point where some feel as though they are drowning. Of course, this feeling is never good. Teenagers should be able to enjoy their high school years, not dread them. After talking to the school

counselors and doing some research online, I’ve found some advice for high school students to keep their mental health at its best: At O’Gorman we strive for excellence – but sometimes that means students over-involve themselves. Every once in a while, feel free to say “no.” While sports and grades and other activities are important, your mental and physical health are always the top priority. Step away from the homework for a minute and let yourself relax.



Cheyenne Chontos
Also, don’t keep your feelings or anxieties inside. Find someone

you trust, whether that’s a friend, a teacher, a coach or a teacher. Fortunately, at O’Gorman we have trained counselors in our building every day. They’re a great resource to go to if you ever feel that you need to talk. The Helpline is also an excellent resource. They’ve recently started a program called Teen Texting that allows teenagers to text the Helpline and talk to a trained staff member. Teens are able to use the Teen Texting program to talk about any general anxieties they’re hav-

ing. That can include stress revolving around school, problems with their family and relationship issues. In order to use the program, you can text “icare” to 83986. This program is open from 3pm to 11pm, but if you feel as if you need to talk to someone immediately, you can always call the National Suicide Prevention Hotline at 1-800-273-TALK (8255). If you’re interested in more information, talk to the counseling office or go online to www.helplinecenter.org.



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Jackrabbit Previews: Fridays this fall

Honors Visit Day: Friday, October 10

***Register for your visit at sdstate.edu/visit
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